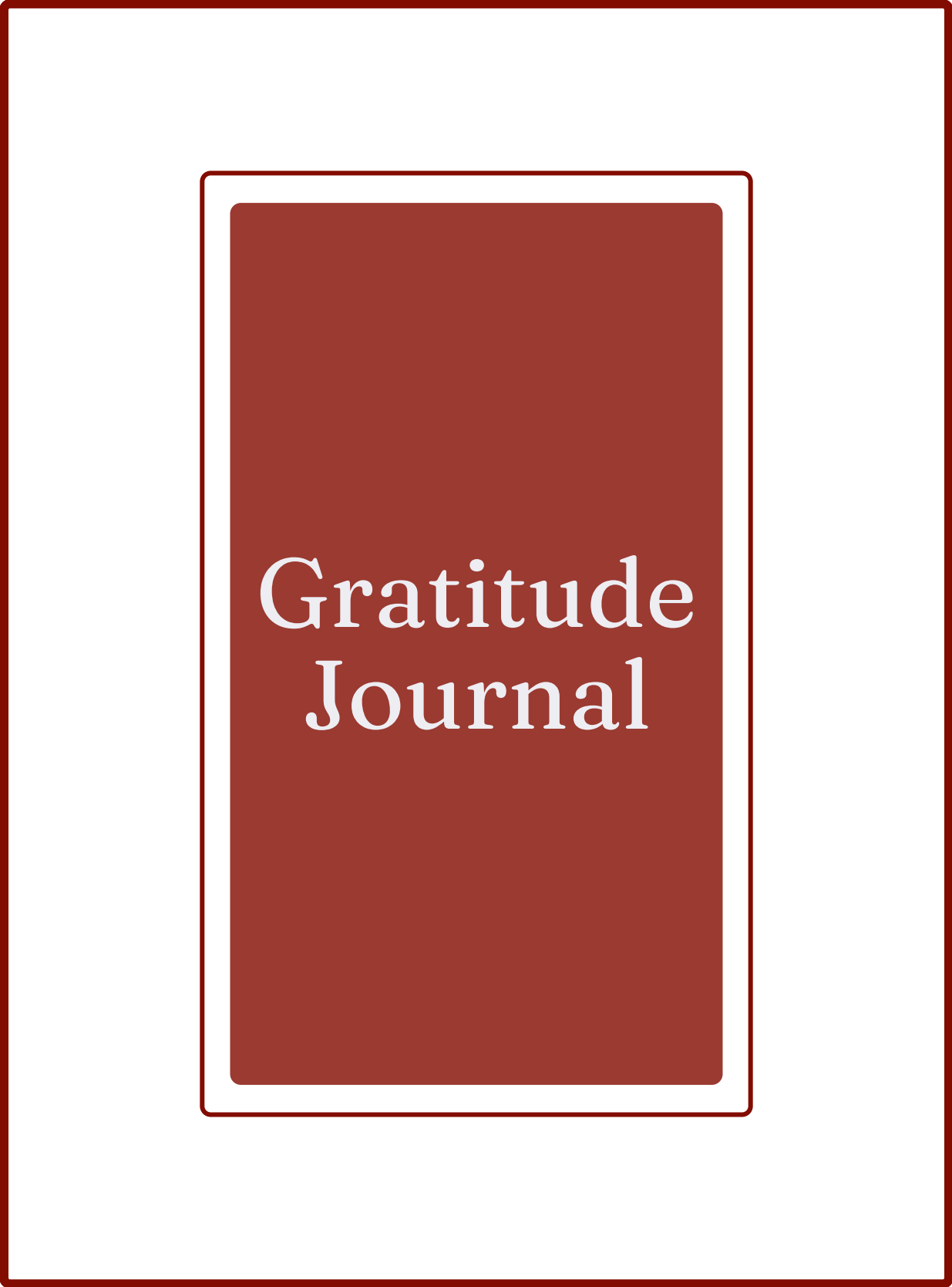


The image shows the front cover of a 'Gratitude Journal'. It features a dark red, textured rectangular area in the center, which is framed by a thin white border. This white border is itself set within a larger, dark red rectangular frame. The title 'Gratitude Journal' is printed in a white, serif font, centered on the dark red background.

Gratitude Journal

This Book Belongs To

About Me

Year:

Date:

Name:

My Goals:

Why I Started Journaling:

My Motivations

Reason 1.

Reason 2.

Reason 3.

My Habit

New Healthy Habits

☐☐☐☐

Bad Habits To Reduce

☐☐☐☐

Rewards

Rewards For Meeting My Goals

1.

2.

3.

4.

Why I Deserve These

☐☐☐☐

Daily Gratitude Journal

Today I Am Gratitude For

--

Quotes & Affirmations

Looking Forward To Today

Things That Make
Be Happy

Getting Better Each Day

My Challenge	Let Go Of	Tomorrow I Will

Getting Better Each Day

Weekly Gratitude

Monday	Today I Am Grateful For _____ _____ _____ _____	Why
Tuesday	Today I Am Grateful For _____ _____ _____ _____	Why
Wednesday	Today I Am Grateful For _____ _____ _____ _____	Why
Thursday	Today I Am Grateful For _____ _____ _____ _____	Why
Friday	Today I Am Grateful For _____ _____ _____ _____	Why
Saturday	Today I Am Grateful For _____ _____ _____ _____	Why
Sunday	Today I Am Grateful For _____ _____ _____ _____	Why

Monthly Reflections

Month:

How Was This Month?

Highlights This Month

Challenges

Grateful

What Want Well

Improvements

Do More Off

Do Less Off

Setting Up For Success Next Month

To Start	Continue	To Stop

Next Month I Am Coming To:

Mood

Rating

Gratitude Blank

Health

Work & Career

Personal Growth

Fun & Leisure

Love

Friends

Family

Finance

The 5 Minute Journal

Date:

People I Am Grateful For

What I Love About My Body

Wonderful Things That Happened

Achievements	

Going Forward
Things I'm Excited About

Thoughts & Notes

Things To Let Go

Notes

[illegible]

**Thank
You**